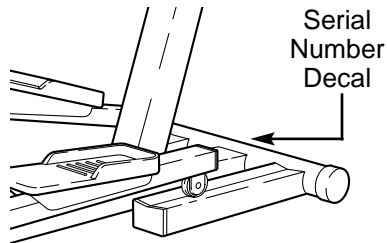


PRO·FORM[®] REBEL

RECUMBENT BIKE & ELLIPTICAL CROSSRAINER

Model No. PFCCEX37082
Serial No. _____

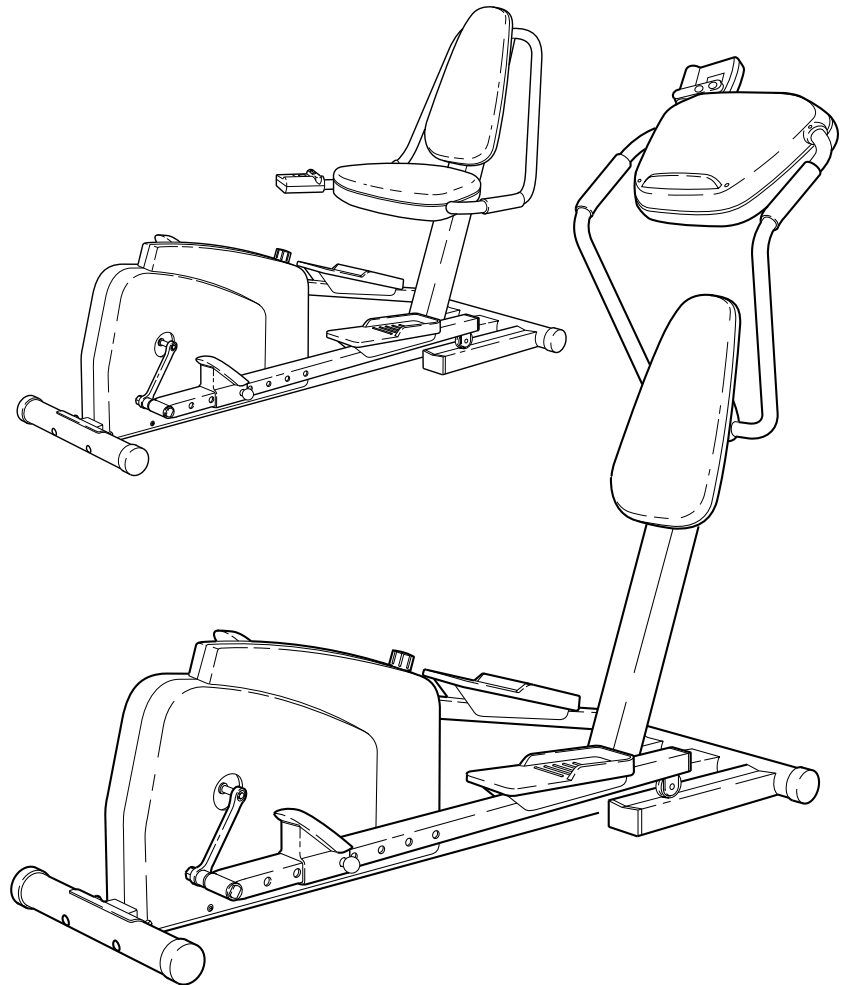
Write the serial number in the space above for reference.



USER'S MANUAL

If you require SERVICE for this product, please call
SEARS:
1-800-4 MY HOME
(469-4663)

If you are MISSING PARTS or require INFORMATION on how to operate this product, call
1-888-936-ICON
(4266)



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



Notre site internet

www.proform.com

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the PROFORM® REBEL Recumbent Cycle and Elliptical Crosstrainer.

1. Read all instructions in this manual before using the REBEL.
2. It is the responsibility of the owner to ensure that all users of the REBEL are adequately informed of all precautions.
3. Place the REBEL on a level surface, with a mat beneath it to protect the floor or carpet. Keep the REBEL indoors, away from moisture and dust.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the REBEL at all times.
6. The REBEL should not be used by persons weighing more than 115 kg.
7. Wear appropriate exercise clothing when using the REBEL. Always wear athletic shoes for foot protection.
8. Always hold the handlebars when mounting, dismounting, or using the REBEL. Step onto and off the pedal that is in the lowest position when mounting or dismounting.
9. When you stop exercising, allow the pedals to slowly come to a stop. The REBEL does not have a free wheel; the pedals will continue to move until the flywheel stops.
10. Keep your back straight when using the REBEL; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. The REBEL is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

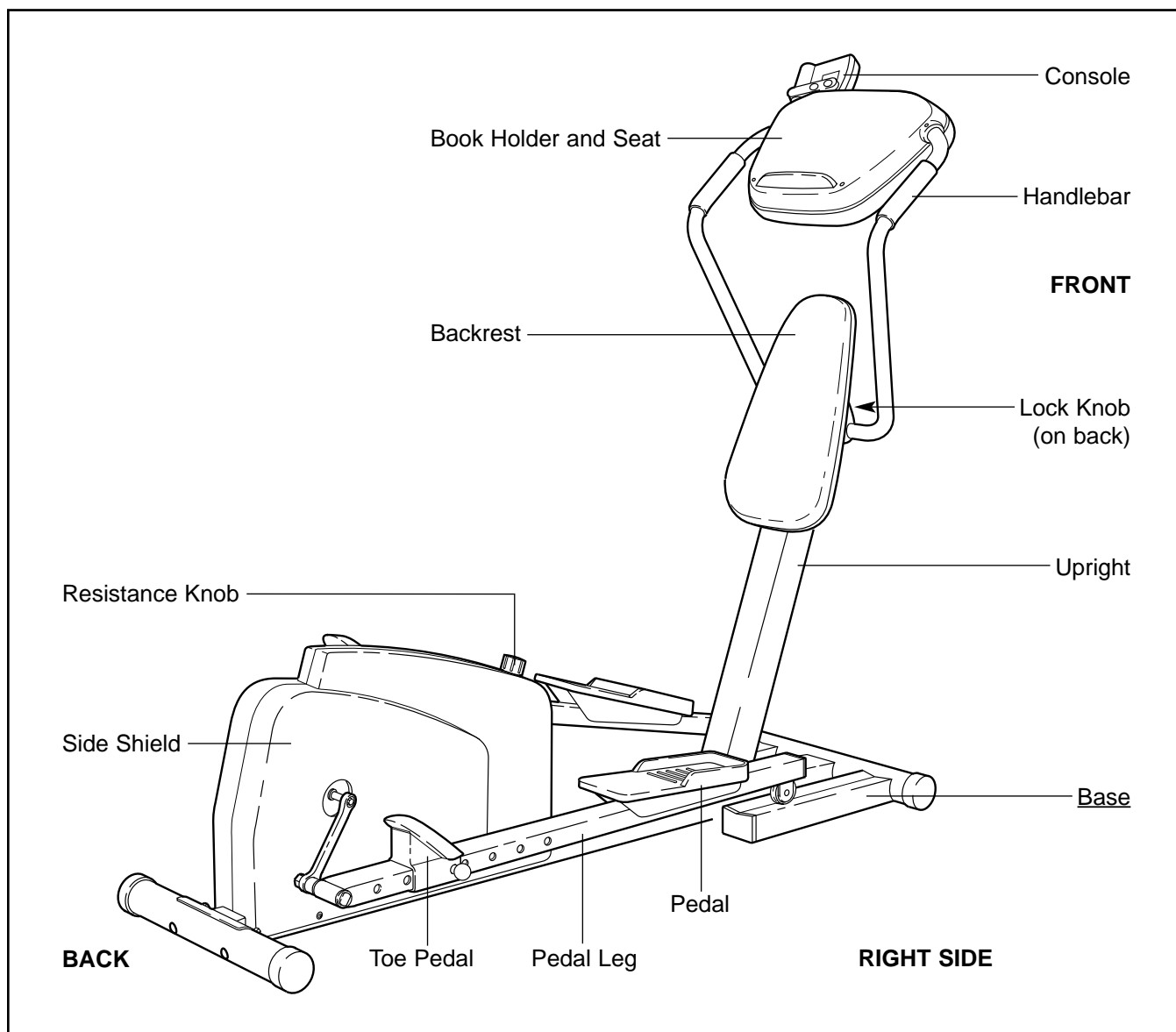
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary PRO-FORM® REBEL Recumbent Bike and Elliptical Crosstrainer. The REBEL is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique REBEL can easily be converted from an elliptical crosstrainer to a recumbent bike, giving you two machines in one. Welcome to a whole new world of natural, elliptical-motion exercise from PROFORM.

For your benefit, read this manual carefully before you use the REBEL. If you have questions after read-

ing this manual, please call our Customer Service Department toll-free at **1-888-936-4266**, Monday through Friday, 8h00 until 18h00 Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is **PFCCEX37082**. The serial number can be found on a decal attached to the REBEL (see the front cover of this manual).

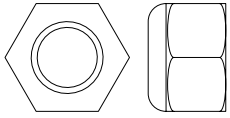
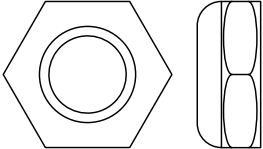
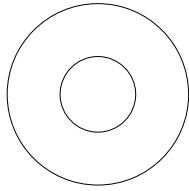
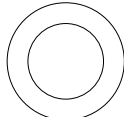
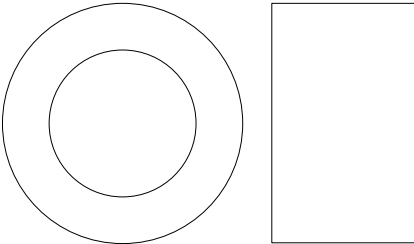
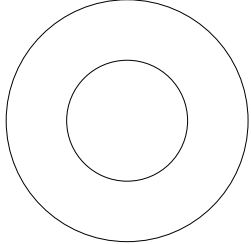
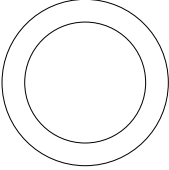
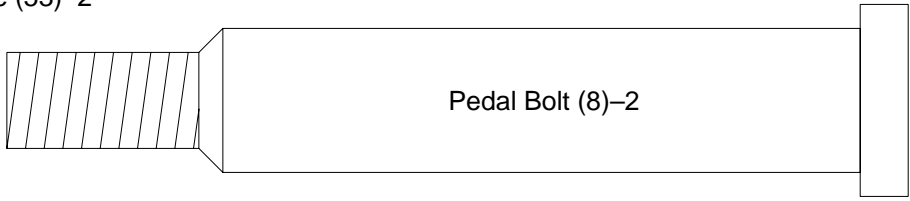
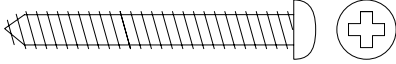
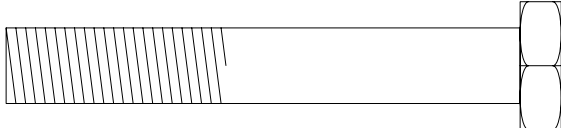
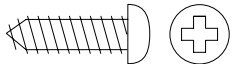
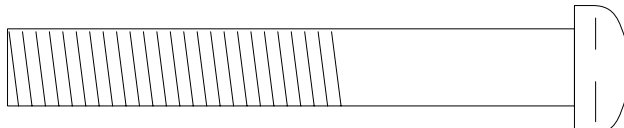
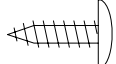
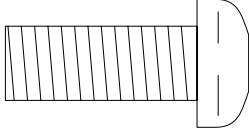
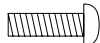
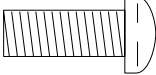
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

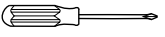

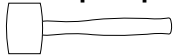
Use the chart below to identify the small parts used in assembly. The number in parenthesis below each part is the key number of the part, from the PART LIST on page 14. The number after the dash indicates the

quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**

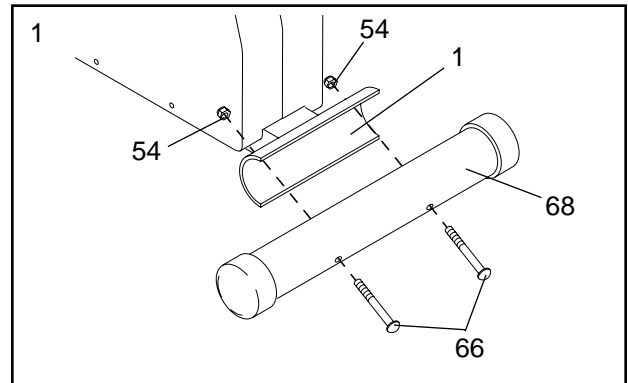
| | | |
|---|---|---|
|  |  |  |
| <p>M10 Nylon Locknut (54)-6</p> | <p>1/2" Nylon Locknut (9)-2</p> | <p>M10 Washer (71)-6</p> |
|  |  |  |
| <p>Metal Handlebar Spacer (83)-2</p> | <p>Pedal Arm Spacer (42)-2</p> | <p>M16 Flat Washer (84)-2</p> |
|  |  | |
| <p>Plastic Sleeve (53)-2</p> | <p>Pedal Bolt (8)-2</p> | |
|  |  | |
| <p>M4 x 38mm Screw (4)-2</p> | <p>M10 x 68mm Bolt (67)-4</p> | |
|  |  | |
| <p>M4 x 16mm Tapping Screw (30)-8</p> | <p>M10 x 75mm Bolt (66)-2</p> | |
|  |  | |
| <p>Handlebar Screw (51)-4</p> | <p>M10 x 25mm Button Head Bolt (85)-2</p> | |
|  |  | |
| <p>Console Mount Screw (69)-1</p> | <p>M6 x 16mm Seat Screw (28)-8</p> | |

ASSEMBLY

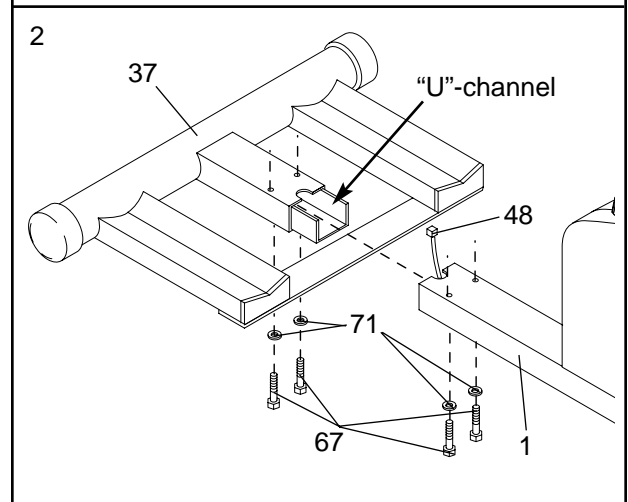
Assembly requires two persons. Place all parts of the PROFORM® REBEL in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires a phillips screwdriver , **two adjustable wrenches** , and a **rubber mallet**  (none of these is included).

1. Hold the Stabilizer (68) against the saddle on the rear of the Base (1). Attach the Stabilizer with two M10 x 75mm Bolts (66) and two M10 Nylon Locknuts (54).



2. Slide the "U"-channel on the Rail Stabilizer (37) into the Base (1). **Make sure that the Reed Switch Wire (48) is extending from the hole formed where the two parts meet; be careful not to damage the Reed Switch Wire.**



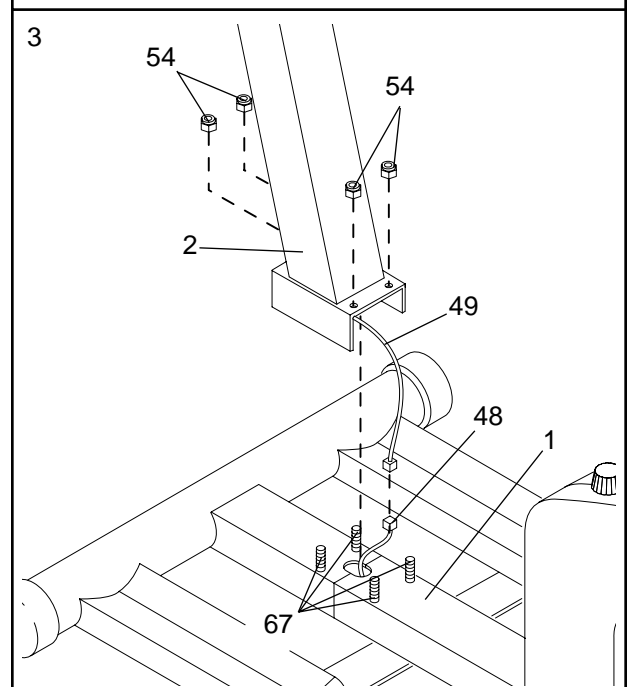
Insert two M10 x 68mm Bolts (67) with two M10 Washers (71) up through the Base (1) and the Rail Stabilizer (37). **Note: It may be easier to insert the Bolts if the unit is tipped on its side.**

Insert two M10 x 68mm Bolts (67) with two M10 Washers (71) up through the Rail Stabilizer (37).

3. While one person holds the Upright (2), connect the Extension Wire (49) to the Reed Switch Wire (48) extending from the Base (1). Insert any excess wire into the Upright or the Base.

Slide the Upright (2) onto the four M10 x 68mm Bolts (67). **Make sure that the wires do not get pinched as you slide the Upright into place.**

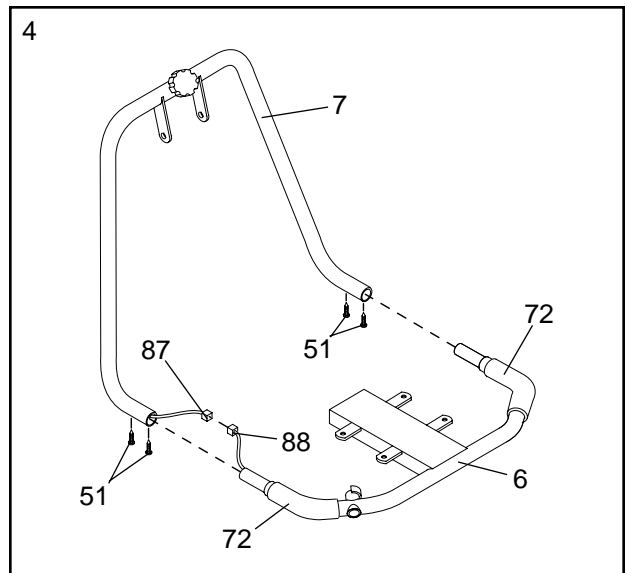
Hand tighten an M10 Nylon Locknut (54) onto each M10 x 68mm Bolt (67). Tip the unit onto its side and use two spanners to tighten the Nylon Locknuts fully.



4. Connect the Seat Bar Wire (88) to the Handlebar Wire (87).

Slide the Handlebar (7) onto the Seat Bar (6). Attach the Handlebar with the four Handlebar Screws (51). **Make sure that the Handlebar Screws do not damage the wires.**

Pull both Grips (72) towards the Handlebar (7) until they cover the Handlebar Screws (51).



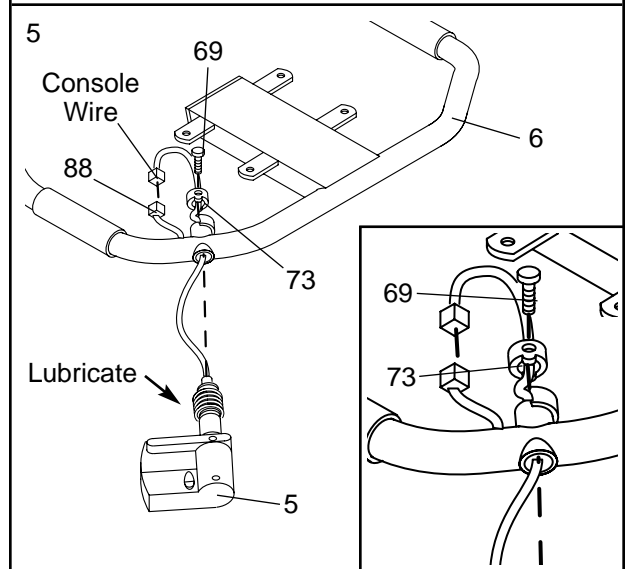
5. Remove the Console Mount Screw (69) and slide the Detent Ring (73) off the shaft of the Console (5).

Insert the console wire through the indicated hole in the Seat Bar (6).

Using the included grease pack, lubricate the shaft of the Console (5). Insert the shaft into the indicated hole in the Seat Bar (6).

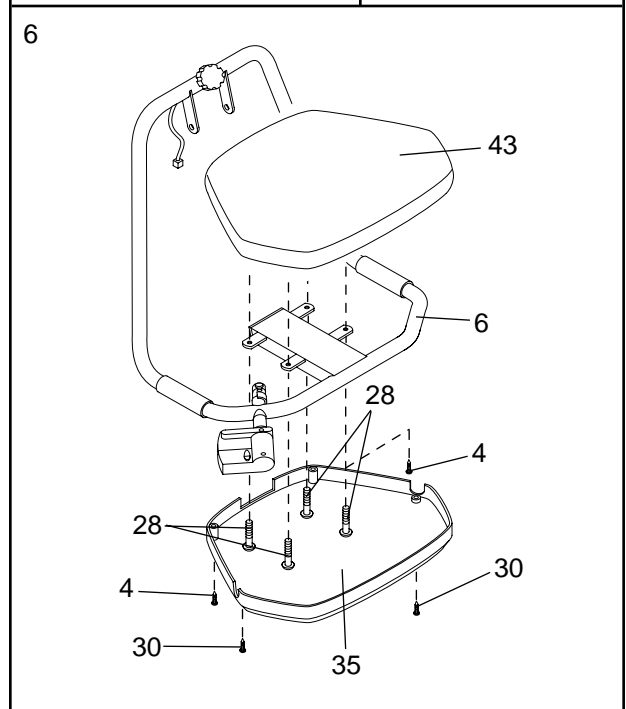
Slide the Detent Ring (73) onto the console shaft and line up the hole in the Detent Ring with the hole in the shaft. Secure the Console (5) with the Console Mount Screw (69) (see the inset drawing).

Plug the console wire into the Seat Bar Wire (16).



6. Attach the Seat (43) to the indicated brackets on the Seat Bar (6) with four M6 x 16mm Seat Screws (28).

Attach the Seat Cover (35) to the Seat (43), using two M4 x 38mm Screws (4) along the rear edge and an M4 x 16mm Tapping Screw (30) on each side.



7. **Note: The assistance of another person is recommended for this step.**

While another person holds the Handlebar (7) in the position shown, connect the Handlebar Wire (87) to the Extension Wire (49) extending from the Upright (2).

Next, slide a Plastic Sleeve (53) onto each of the indicated shafts on the Upright (2).

Slide an M10 Washer (71) onto each of the M10 x 25mm Button Head Bolts (85). Next, insert the Bolts through the brackets on the Handlebar (7) and then slide an M16 Flat Washer (84) and a Metal Handlebar Spacer (83) onto each Bolt. Insert the Bolts into the shafts on the Upright (2) and tighten them with the included allen wrench. **Be careful not to overtighten the Bolts; the Handlebar must pivot easily.**

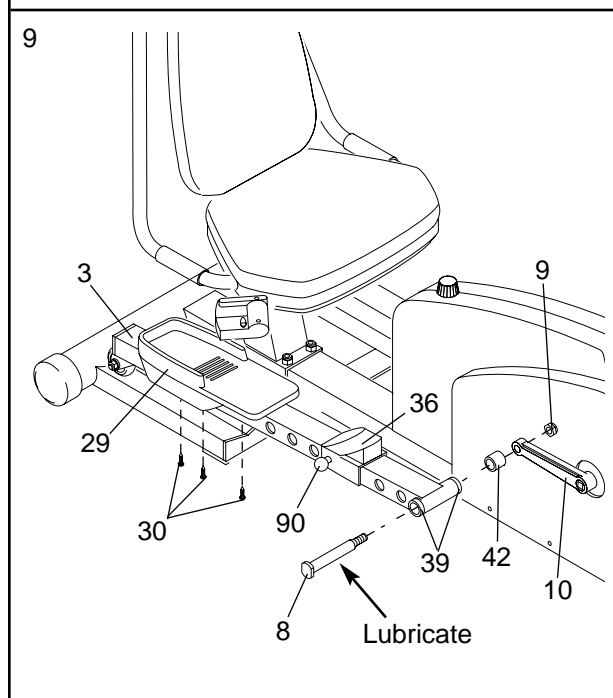
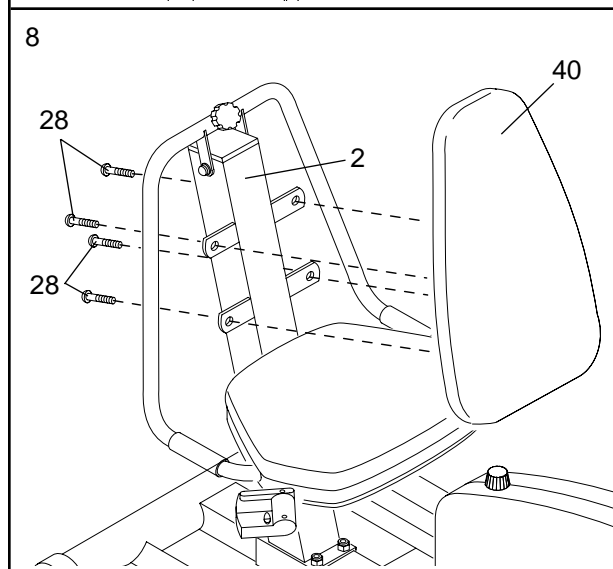
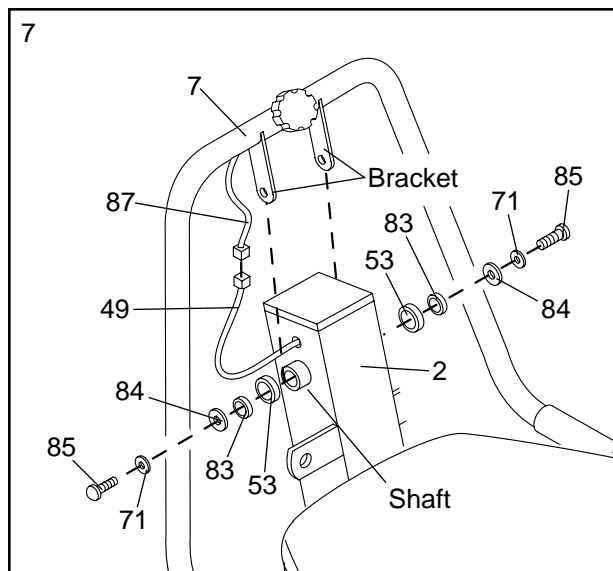
8. Attach the Backrest (40) to the indicated brackets on the Upright (2) with four M6 x 16mm Seat Screws (28).

9. **Identify the Left Pedal Leg (3) by looking at the Lock Pin (90) on the pre-assembled Toe Pedal (36). The Lock Pin must be on the outside when the Pedal Leg is mounted.**

Attach a Pedal (29) to the Left Pedal Leg (3) with three M4 x 16mm Tapping Screws (30).

Lubricate a Pedal Bolt (8) with the included grease pack and slide it through the two pre-assembled Bushings (39). Slide a Plastic Pedal Spacer (42) onto the Pedal Bolt (8) and slide the Bolt into the hole in the left Crank Arm (10). Tighten a 1/2" Nylon Locknut (9) onto the Pedal Bolt (8).

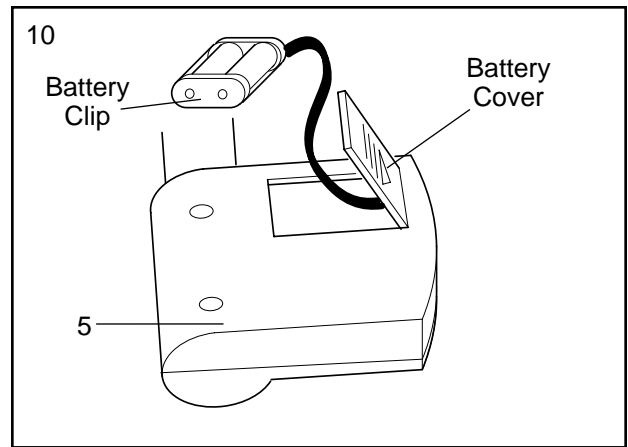
Repeat this procedure for the Right Pedal Leg (70, not shown).



10. The Console (5) requires two “AA” batteries (not included). Alkaline batteries are recommended.

To install batteries, first slide up the battery cover and carefully remove the battery clip from the Console (5). Insert two batteries into the battery clip as shown.

Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the battery clip. Replace the battery clip and close the battery cover.

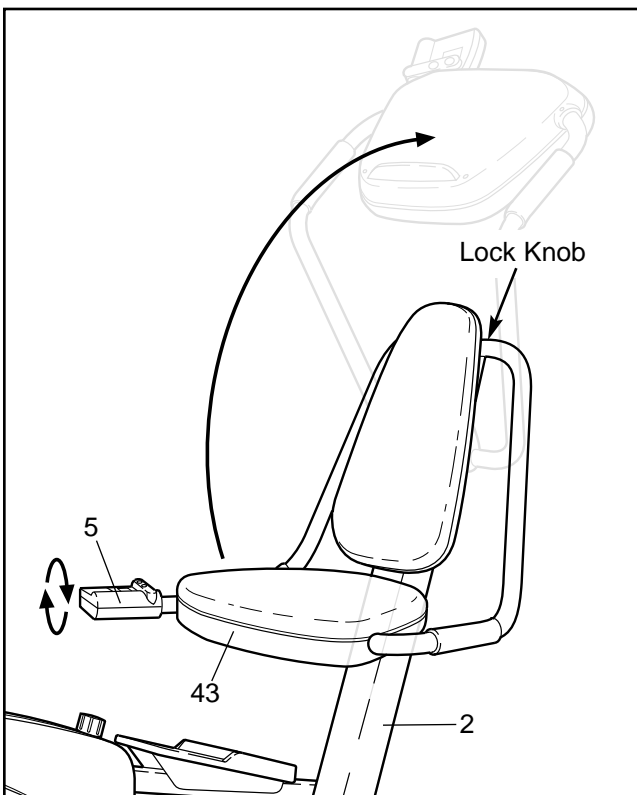


11. **Make sure that all parts of the REBEL are properly tightened.** To protect the floor or carpet from damage, place a mat under the REBEL.

HOW TO USE THE PROFORM® REBEL

HOW TO SWITCH BETWEEN RECUMBENT BIKE AND ELLIPTICAL CROSSTRAINER

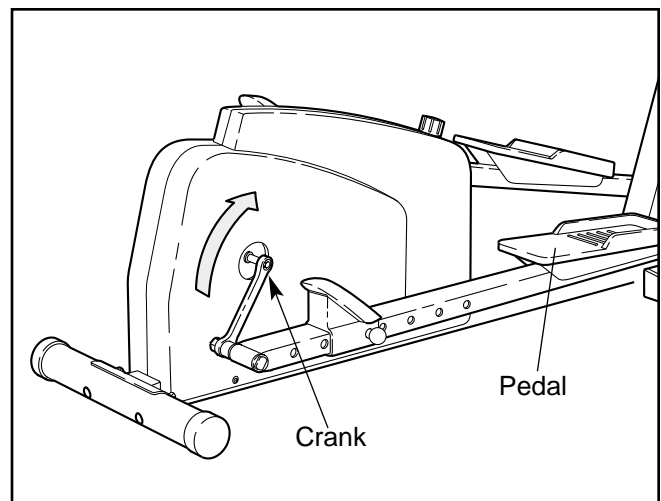
To switch from recumbent bike to elliptical crosstrainer, lift the Seat (43) as far as it will go. Tighten the Lock Knob (81, not visible) into the Upright (2). **Note: Tighten the Lock Knob fully.** Push the Console (5) in to disengage the lock, and then turn it so the display is visible when you are standing on the pedals.



To switch from elliptical crosstrainer to recumbent bike, loosen the Lock Knob (81, not visible). Fold the Seat (43) down and turn the Console (5) so it is visible when you are sitting on the Seat.

HOW TO EXERCISE ON THE REBEL WHEN IT IS SET UP AS AN ELLIPTICAL CROSSTRAINER

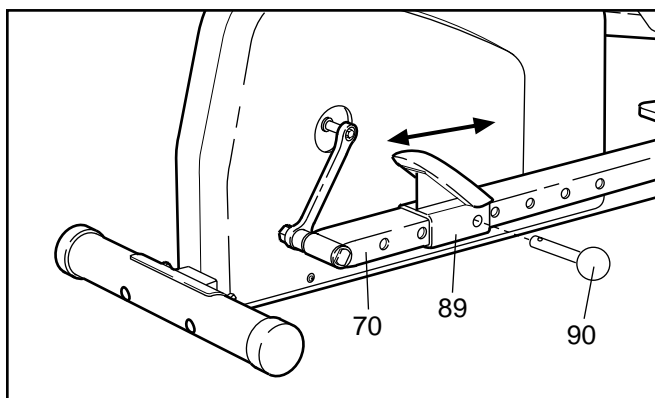
To mount the REBEL in the crosstrainer mode, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank can turn in either direction. To get the full impact of the elliptical motion, it is recommended that you turn the crank in the direction shown by the arrow below; however, to give variety to your exercise, you may choose to turn the crank in the opposite direction.**



To dismount the REBEL, allow the pedals to slowly come to a stop. **Important: The REBEL does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

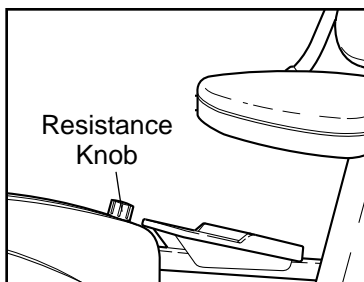
HOW TO ADJUST THE TOE PEDALS

To adjust the Right Toe Pedal (89), pull out the Lock Pin (90). Slide the Toe Pedal forward or backward to the desired position. Insert the Lock Pin through the holes in the Toe Pedal and the adjustment holes in the Pedal Leg (70). Adjust the Left Toe Pedal (36, not shown) in the same manner.



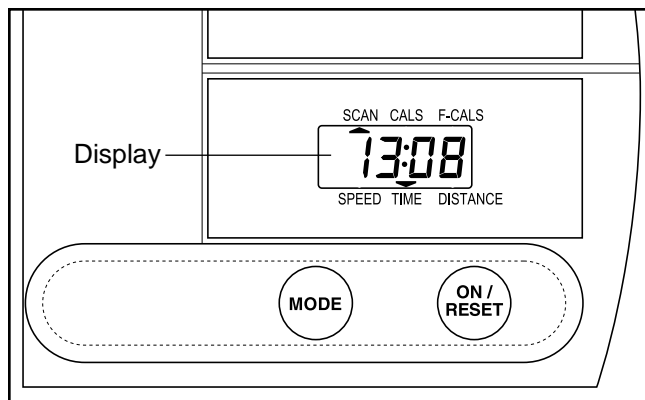
HOW TO ADJUST THE RESISTANCE OF THE PEDALS

As you exercise, you can adjust the resistance of the pedals with the resistance knob. To increase the resistance, turn the knob clockwise; to decrease the resistance, turn the knob counterclockwise.



DESCRIPTION OF THE CONSOLE

The console is designed to help you get the most from your workouts. As you exercise, you can watch your progress as the display provides continuous exercise feedback. The modes of the display are described at the right. **Note: Before the console can be operated, two “AA” batteries must be installed (see assembly step 10 on page 8).**



Speed—This mode displays your pedaling speed, in miles per hour.

Time—This mode displays the elapsed time. Note: When you stop exercising, the time mode will pause.

Distance—This mode displays the total distance you have pedaled, in miles.

Fat Calorie—This mode displays the approximate number of fat calories you have burned (see BURNING FAT on page 12).

Calorie—This mode displays the approximate number of Calories you have burned.

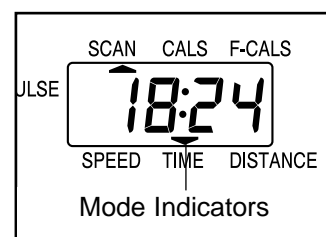
Scan—This mode displays the speed, time, distance, fat calorie, and calorie modes, for 5 seconds each, in a repeating cycle.

HOW TO OPERATE THE CONSOLE

If there is a thin sheet of clear plastic on the face of the console, remove it.

1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.
2. Select one of the modes:

Scan mode—When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.



Speed, time, distance, fat calorie or calorie mode—To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

3. To reset the display, press the on/reset button.

4. The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically to conserve the batteries.

MAINTENANCE AND TROUBLESHOOTING

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 10 on page 8. In addition, make sure that the console wire is connected to the seat bar wire. See assembly step 5 on page 6.

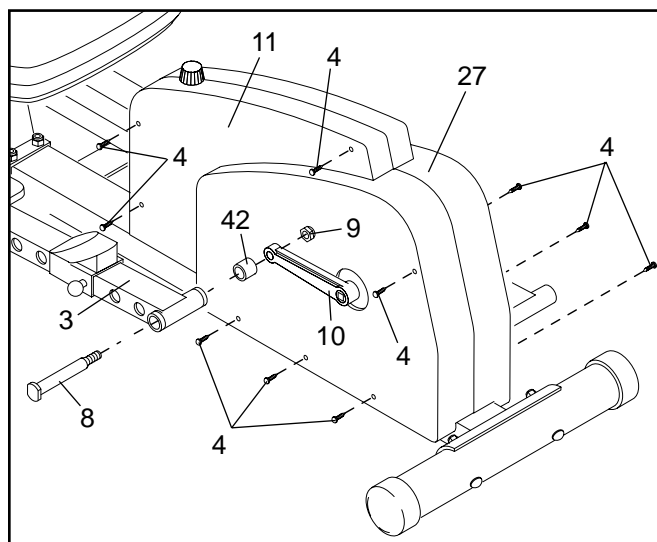
HOW TO REMOVE THE SIDE SHIELDS

For all of the following steps, one or both Side Shields (11 and 27) must be removed.

To remove the Left Side Shield (11), unscrew the 1/2” Nylon Locknut (9) and remove the Pedal Bolt (8) and the Plastic Pedal Spacer (42) from the Left Pedal Leg (3). Unscrew the seven M4 x 38mm Screws (4) from the Left Side Shield. Gently pull the Left Side Shield out and to the side, so the Crank Arm (10) fits through the hole in the Side Shield.

To remove the Right Side Shield (27), first remove the Left Side Shield (11) as described above. Then

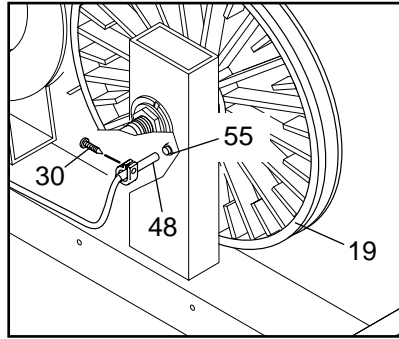
unscrew the three M4 x 38mm Screws (4) from the lower edge of the Right Side Shield. Remove the 1/2” Nylon Locknut (9), Pedal Bolt (8), and Plastic Pedal Spacer (42) from the Right Pedal Leg (70, not shown). Gently pull the Right Side Shield over the Crank Arm.



HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the Left Side Shield (11, not shown) must first be removed as described on page 10.

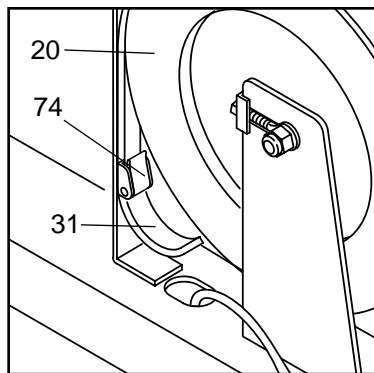
Next, locate the Reed Switch (48). Turn the Pulley (19) until the Magnet (55) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 12mm Tapping Screw (30, shown



removed for clarity). Slide the Reed Switch slightly toward or away from the Magnet. Make sure that the Magnet will not hit the Reed Switch. Retighten the Screw. Turn the Pulley (19) for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, re-attach the left side shield.

HOW TO ADJUST THE RESISTANCE STRAP

If the pedals do not have enough resistance, even when the resistance knob is turned to the maximum setting, the Resistance Strap (31) may need to be adjusted. To adjust the Resistance Strap, the Left Side Shield (11, not shown) must first be removed, as described on page 10.

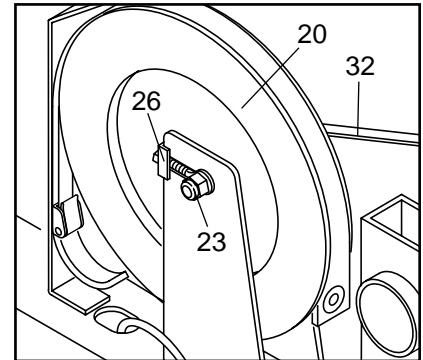


Turn the resistance knob to the lowest setting (see HOW TO ADJUST THE RESISTANCE OF THE PEDALS on page 9). Open the Buckle (74) and pull the end of the Resistance Strap (31) downward slightly. Close the Buckle and turn the Flywheel (20) to make sure that there is not too much resistance. When the Resistance Strap is properly adjusted, re-attach the left side shield.

HOW TO ADJUST THE DRIVE BELT

If the Drive Belt (32) slips as you exercise, it should be adjusted. To adjust the Drive Belt, both Side Shields (11 and 27, not shown) must first be removed as described on page 10.

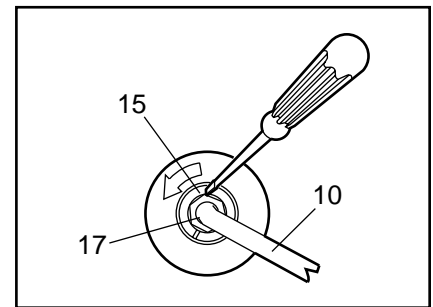
Next, loosen the two M10 Flange Nuts (23) (there is one on each side of the Flywheel [20]). To tighten the Drive Belt (32), turn the two M6 Nuts (26) clockwise; to loosen the Drive Belt, turn the M6 Nuts counterclockwise. Make sure that the Flywheel is straight and retighten the M10 Flange Nuts (23). When the Drive Belt is properly adjusted, re-attach the side shields.



HOW TO TIGHTEN THE CRANK

If the Crank Arms (10) become loose, they should be tightened to prevent excessive wear. To tighten the Crank Arms, the Left Side Shield (11, not shown) must first be removed as described on page 10.

Next, loosen the Crank Nut (17) on the left Crank Arm (10). Place the end of a standard screwdriver in one of the slots in the Slotted Crank Nut (15).



Lightly tap the screwdriver with a hammer to turn the Slotted Crank Nut counterclockwise until the arms are no longer loose. **Do not overtighten the Slotted Crank Nut.** When the Slotted Crank Nut is properly tightened, retighten the Crank Nut and re-attach the left side shield.

CONDITIONING GUIDELINES

⚠ WARNING

Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

| | | | | | | | |
|-----|-----|-----|-----|-----|-----|-----|---|
| 165 | 155 | 145 | 140 | 130 | 125 | 115 | ♥ |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | ♥ |
| 125 | 120 | 115 | 110 | 105 | 95 | 90 | ♥ |
| 20 | 30 | 40 | 50 | 60 | 70 | 80 | |

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy.

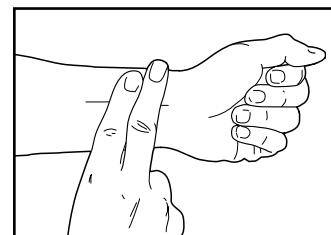
If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, place two fingers on your wrist as shown. Stop exercising and take a six-second heartbeat count. Multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.)



WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between

workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

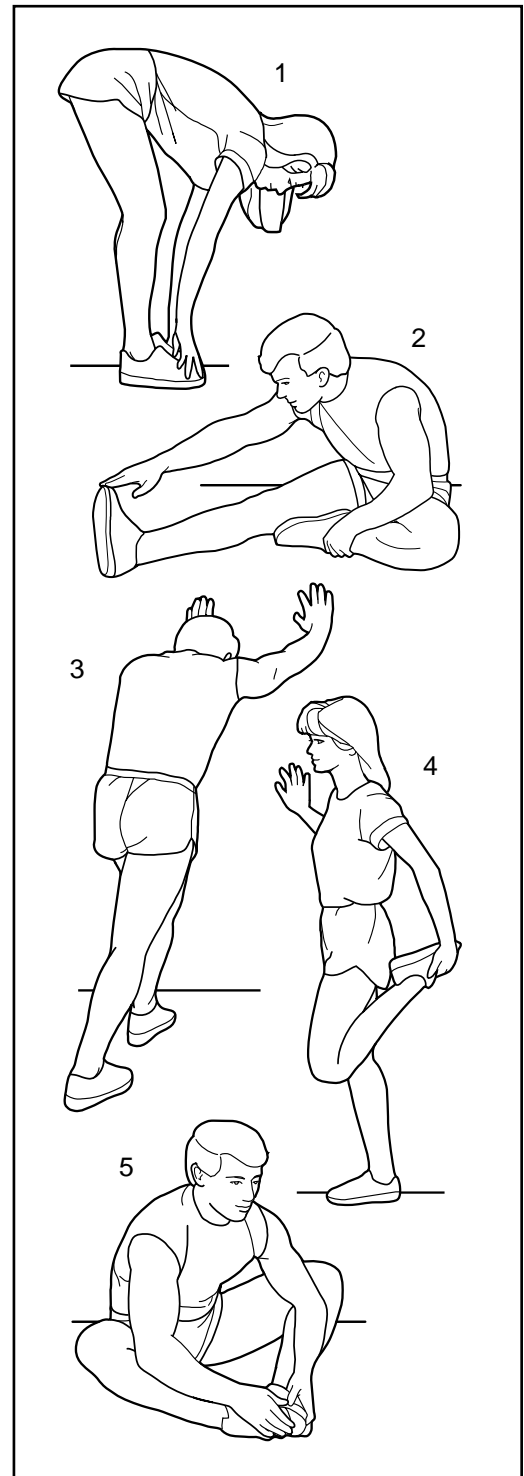
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—MODEL No. PFCCEX37082

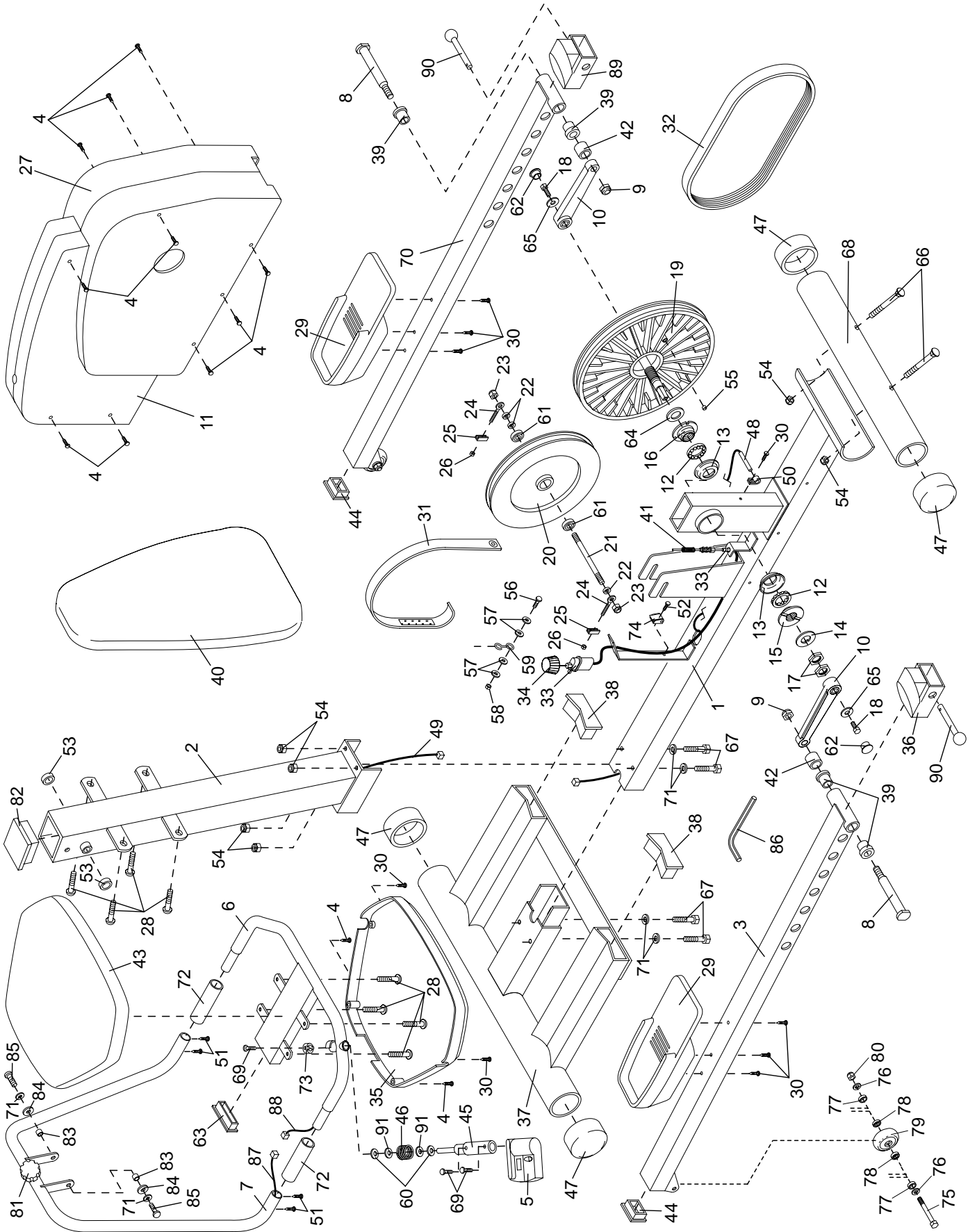
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| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|---------------------------|---------|------|-----------------------------|
| 1 | 1 | Base | 48 | 1 | Reed Switch/Sensor Wire |
| 2 | 1 | Upright | 49 | 1 | Extension Wire |
| 3 | 1 | Left Pedal Leg | 50 | 1 | Reed Switch Clip |
| 4 | 12 | M4 x 38mm Screw | 51 | 4 | Handlebar Screw |
| 5 | 1 | Console | 52 | 1 | M4 x 16mm Flat Head Screw |
| 6 | 1 | Seat Bar | 53 | 2 | Plastic Sleeve |
| 7 | 1 | Handlebar | 54 | 6 | M10 Nylon Locknut |
| 8 | 2 | Pedal Bolt | 55 | 1 | Magnet |
| 9 | 2 | 1/2" Nylon Locknut | 56 | 1 | Clamp Bolt |
| 10 | 2 | Crank Arm | 57 | 4 | 1/4" Flat Washer |
| 11 | 1 | Left Side Shield | 58 | 1 | 1/4" Nylon Locknut |
| 12 | 2 | Crank Bearing | 59 | 1 | Resistance Strap Hook |
| 13 | 2 | Bearing Cup | 60 | 2 | Console Washer |
| 14 | 1 | Keyed Washer | 61 | 2 | Flywheel Bearing |
| 15 | 1 | Slotted Crank Nut | 62 | 2 | Crank Cover |
| 16 | 1 | Tri-notch Crank Nut | 63 | 1 | Seat Cap |
| 17 | 2 | Crank Nut | 64 | 1 | Bearing Washer |
| 18 | 2 | 5/16" x 3/4" Tap Screw | 65 | 2 | Crank Washer |
| 19 | 1 | Pulley | 66 | 2 | M10 x 75mm Bolt |
| 20 | 1 | Flywheel w/Hub | 67 | 4 | M10 x 68mm Bolt |
| 21 | 1 | Flywheel Axle | 68 | 1 | Stabilizer |
| 22 | 3 | M10 Flat Washer | 69 | 3 | Console Mount Screw |
| 23 | 2 | M10 Nut | 70 | 1 | Right Pedal Leg |
| 24 | 2 | M6 Eyebolt | 71 | 6 | M10 Washer |
| 25 | 2 | Adjustment Bracket | 72 | 2 | Grip |
| 26 | 2 | M6 Nut | 73 | 1 | Detent Ring |
| 27 | 1 | Right Side Shield | 74 | 1 | Buckle |
| 28 | 8 | M6 x 16mm Seat Screw | 75 | 2 | M8 x 57mm Bolt |
| 29 | 2 | Pedal | 76 | 4 | M8 Washer |
| 30 | 9 | M4 x 16mm Tapping Screw | 77 | 4 | Metal Wheel Spacer |
| 31 | 1 | Resistance Strap | 78 | 4 | Wheel Bearing |
| 32 | 1 | Drive Belt | 79 | 2 | Pedal Wheel |
| 33 | 1 | Resistance Cable w/Spring | 80 | 2 | M8 Nylon Locknut |
| 34 | 1 | Resistance Knob | 81 | 1 | Lock Knob |
| 35 | 1 | Seat Cover | 82 | 1 | Upright Cap |
| 36 | 1 | Left Toe Pedal | 83 | 2 | Metal Handlebar Spacer |
| 37 | 1 | Rail Stabilizer | 84 | 2 | M16 Flat Washer |
| 38 | 2 | Rail Endcap | 85 | 2 | M10 x 25mm Button Head Bolt |
| 39 | 4 | Bushing | 86 | 1 | Allen Wrench |
| 40 | 1 | Backrest | 87 | 1 | Handlebar Wire |
| 41 | 1 | Small Spring | 88 | 1 | Seat Bar Wire |
| 42 | 2 | Plastic Pedal Spacer | 89 | 1 | Right Toe Pedal |
| 43 | 1 | Seat | 90 | 2 | Lock Pin |
| 44 | 2 | 1 1/2" x 2 1/2" Inner Cap | 91 | 2 | Plastic Washer |
| 45 | 1 | Console Axle | # | 1 | Grease Pack |
| 46 | 1 | Console Spring | # | 1 | User's Manual |
| 47 | 4 | Stabilizer Endcap | | | |

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFCCEX37082

R0602A



ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. the MODEL NUMBER of the product (PFCCEX37082)
2. the NAME of the product (PROFORM® REBEL)
3. the SERIAL NUMBER of the product (see the front cover of this manual)
4. the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8